

YOU DESERVE THIS

Simple & Natural Recipes for a Healthy Lifestyle

..... *Bowl Cookbook*

70+
RECIPES

CREATED BY
FITNESS ICON
PAMELA REIF

PAMELA REIF

WITH OVER 40 PAGES of food knowledge





PAMELA REIF

YOU DESERVE THIS

Simple & Natural Recipes for a Healthy Lifestyle

..... *Bowl Cookbook*

Community
EDITIONS



PROLOGUE

‘Listen to your body, it knows what it needs.’ ... but are we really listening or are we just hearing what we want to hear?

.....

My name is Pamela, I was born in July 9, 1996 and I grew up in Germany. People would have described me as a responsible, well-balanced and overall super-happy child. I still consider this to be true and accurate today. Especially these days when everything is so fast paced, with countless (potential) stress factors (often unnecessary, by the way). I am very glad that I have kept those character traits.

My job is sharing my life, my interests and thoughts with people from all around the world and, by doing that, motivating them to pursue a healthier lifestyle. At the age of 16 I began sharing pictures of myself on social media. Today my community on Instagram and YouTube has grown to 5 million people. How many people is that? I can't imagine. I simply consider myself extremely lucky that somewhere on this beautiful planet people are doing my fitness exercises, enjoying my recipes and feeling motivated to achieve a healthier physical feeling.

SO WHY A COOKBOOK?

Aren't there enough cookbooks already? Well, yeah, maybe. I would never claim that my book is soooooo much better than all the other ones on the market. I'm glad if every passionate person becomes successful in life. But in this book I'd like to address everyone who wants to treat his or her body well. Everyone who wants to give it what it needs and deserves. All the recipes were put together by me. I've cooked, served and taken the pictures myself – and I ate and finished every single dish. Where professional food photographers add, for example, hairspray or glue to add some shine or glossiness, I have only used natural products like olive oil. The pictures of me were taken by my photographer and friend Anna. So I decided to take three dedicated weeks off from 'normal' life to produce all the content for this book. And then ... three weeks turned into one year. A long-term project I had totally underestimated. But at the same time a project dear to my heart that grew more important to me than any of my other projects.

I wrote the texts for the recipes on flights to the United States, was in dialogue with my publisher somewhere on the road in Germany and edited the pictures on lonely nights at my desk. It was important to me to create this cookbook myself.

The English translation was written by my brother Dennis and afterwards checked by me. Again, I thought it's nicer if we do it ourselves. If you spot a mistake or if something sounds 'weird' to you – I'll take the blame. I was also unfamiliar with two or three British phrases, so I just went for the American version. And to make this book even more 'international' I decided to keep some wonderful German words like 'Kaiserschmarrn' (it's shredded pancakes) on purpose. Hope you don't mind!

To cut a long story short: by me, for you. For a balanced, healthy life full of energy and happiness. Because you deserve this!

CONTENT

Introduction

FOOD KNOWLEDGE

FRUITS

VEGETABLES

HERBS & SPICES

GRAINS & PSEUDO-GRAINS

LEGUMES

FISH

MEAT

MILK & ALTERNATIVES

FATS & OILS

NUTS, SEEDS & KERNELS

SUPERFOODS

SUGAR & ALTERNATIVES

NUTRITION TIPS

- *My rules*
- *Antioxidants*
- *Proteins*
- *Tips for a better digestion*

SHOPPING TIPS

- *Think about the environment*
- *Base ingredients*

BOWL KNOWLEDGE

- *Basic bowl hacks*
- *How to start*

BREAKFAST BOWLS

4-Ingredient Porridge – The Classic

Peanut Butter & Jelly Porridge Bowl

Warm Nut Porridge with Fried Fruits

Fig Cinnamon Porridge with Homemade Fig Jam

Banana Bread Porridge with Rawnola

Vanilla Quinoa Porridge – Autumn in a Bowl

Rawnola Bowl

Creamy Buckwheat Rice Pudding

Chocolate-Raspberry Pudding with Chia Seeds

Sweet Scrambled Eggs with Banana & Coconut

Spinach-Chickpea Patties with a Poached Egg

Scrambled Eggs with Veggies & Roasted Buckwheat

Oven-Baked Low-Carb Egg

SMOOTHIE BOWLS

Açaí Bowl

Chocolate-Açaí Bowl – No-Banana Version

Creamy Sweet Potato Smoothie Bowl

Your Daily Veggies Smoothie Bowl

Turmeric Latte Smoothie Bowl

Low-Carb Berry Bowl

Protein Chocolate Bowl – All-Time Favourite

Green Superpower Smoothie Bowl

Apple Pie Smoothie Bowl

Chocolate-Squash Smoothie Bowl

Salted Caramel Brownie Smoothie Bowl with Rawnola

LUNCH & DINNER BOWLS

Classic Fitness Dish: Minced Beef Stir-Fry

Rocket with Beef Fillet & Pan-Fried Red Radish

Classic Fitness Bowl: Chicken & Veggie-Rice

Curried Chicken Salad with Cashews, Rice & Baby Spinach

Chicken Avocado Salad with Sun-Dried Tomatoes & Quinoa

Meal Prep Bowl

Turkey-Zucchini Meatballs with Wild Rice & Curry Sauce

Teriyaki Chicken Bowl – Made by my Brother

Sweet Salad with Cinnamon-Baked Sweet Potato, Feta & Cinnamon-Date Dressing

Veggie Pie – My Favourite

Vegan Protein Buddha Bowl

Creamy One-Pot Risotto
Ayurvedic Detox Bowl – Mung Quinoa Khichdi
Vegan Veggie Fritters with Squash, Mushrooms & Quinoa
Vegan Burger Patties with Fries & a Cashew Dip
From Above and Below Ground – Baked Beetroot, Sweet Potato Fries & Baked Apple
Oven Veggies with Roasted Chickpeas & Pesto Spinach
Spaghetti with Vegan Lentil Bolognese
Light Zucchini Noodles with Vegan Lentil Bolognese
Quick Pesto Salad with Zucchini & Roasted Walnuts
Quinoa Salad – The Classic
Fruity Quinoa Salad – A New Interpretation
Raw Rainbow Bowl with Mango Dressing
Veggie Sticks with Hummus – The Quick Snack
Quick Veggie Soup with Spinach, Peas & Cashews
Creamy Squash Soup with Coconut & Ginger

SWEET BOWLS

Cookie Dough Cream
Nice Cream – 4 Flavours
Baked Almond Crumble with Fruits
Baked Berry Bowl with Chocolate-Coconut Crumble
Austrian Quinoa-Almond Kaiserschmarrn with Homemade Jam
Fried Apple with Apple-Pie Cream
Fruits with Chocolate-Avocado Dip & Sweet Hummus
Coconut-Banana Cake with Chocolate Pieces
Carrot Cake Bowl with Crunchy Almond Nice Cream

Oat Cookie Bowl with Blueberries
The 'Sweet' Sweet Potato
Creamy Zucchini & Apple Brownie Bowl
Chocolate & Bean Brownie Bowl

SIDE BOWLS

Ultimate Rawnola
Fruity Rawnola – In under 10 Minutes!
Oven-Baked Veggie Chips
Potato & Sweet Potato Oven Fries
Sugar-Free Berry Jam
Fig & Pecan Jam
Spinach, Walnut & Olive Pesto
Hummus – 5 Flavours

INDEX OF INGREDIENTS

ACKNOWLEDGEMENTS

ABOUT PAMELA REIF

Imprint & Picture Credits





ABBREVIATIONS

mg	milligram
g	gram
kg	kilogram
kcal	kilocalories: the energy required to raise the temperature of 1 litre of water by 1°C. Generally used to give us an idea of how much 'energy' a food provides us. Each person needs an individual amount of energy each day; for women it's usually between 1600–2500 kcal.
µg	microgram
ml	millilitre
l	litre
pH	The pH is a scale used to specify how acidic or alkaline a water-based solution is. Acidic solutions have a lower pH, while alkaline solutions have a higher pH.
tsp	teaspoon (the small ones)
tbsp	tablespoon (the regular ones)
ORAC scale	The ORAC scale (Oxygen Radical Absorbance Capacity) is used to measure the antioxidant capacity of foods.



Important information about this book

As a rule, the *ingredient amounts* per recipe make enough for one bowl. If not, I will make sure to tell you. The diameter of my bowls is generally 17–20cm, and for the sweet bowls 12–15cm. I recommend using *accurate kitchen scales*, as for a lot of recipes using the precise amounts can make a big difference to the result.

Unless otherwise stated, the *nutritional values* refers to one serving, and therefore one bowl. I have included the toppings in the calculation. Optional ingredients are not counted.

There's a *preparation time* for each individual dish, which makes it easier for you to estimate how long you will need to make the recipe. This includes the preparation, resting, baking and cooking time.

Whenever *baking in the oven* I always use the convection or fan mode.

I often use a *food processor*, this refers to a kitchen appliance that can shred, purée and grate ingredients. It's not a blender.

Some might define bowl recipes solely as so-called one-pot dishes that can be prepared in the bowl itself, without the use of any *kitchen aids like pans or the oven*. However, I love the flavours and various

possibilities offered by roasting and baking though, and that's why I defined the term 'bowl recipe' a little broader in my book.

All product recommendations in this book are based on my personal opinion and have not been sponsored.



Vegetarian: All recipes that don't include fish or meat carry this icon. Honey can easily be swapped with vegan alternatives like agave syrup or date syrup.



Vegan: If you say no to all animal products like fish, meat, dairy or eggs, you can find a lot of suitable dishes with this icon.



Dairy-free: Vegans, some vegetarians and lactose-intolerant people take a pass on cow's milk and its products. Since I barely use dairy products, you can find a big variety of dairy-free dishes in this book.



Gluten-free: If you're suffering from coeliac disease, or are gluten-sensitive, you should look out for this icon. You can easily substitute grains containing gluten with pseudo-cereals like quinoa or buckwheat. Most of my recipes are gluten-free though.



HOLD YOUR BOWL -
APPRECIATE IT
WITH ALL SENSES

APPETIZING
PRESENTATION

DISHES ARE OFTEN FLEXIBLE AND
INGREDIENTS CAN BE SUBSTITUTED

BOWLS
ARE AVAILABLE IN
BEAUTIFUL COLOURS
AND PATTERNS

AN EASY CONCEPT -
BASE + TOPPINGS

CONSCIOUS
CONSUMPTION

SIMPLE RECIPES
AND SHORT
COOKING TIME

IDEAL SERVING SIZE
FOR 1 PERSON

INSPIRED BY
BUDDHISM

TEXTURES AND FLAVOURS
BLEND TOGETHER

INTRODUCTION

'You Deserve This' ... but what do I actually deserve?

.....

Do you know what's a huge waste? Not enjoying your precious life in the very best ways possible. By that, I am not referring to the short minutes of enjoying a pizza or a bar of chocolate. Is someone raising an eyebrow? I'd understand that. We are always looking for instant satisfaction. Something that provides us with a quick high but – if we're being honest – drags us down a little lower physically and mentally right afterwards. Not everyone feels guilty after having a burger – you shouldn't anyway. But when 'occasionally' turns into 'daily', the brief moment of joy quickly vanishes ... we get used to it too quickly. We also suffer from constant fatigue, lack in concentration, tummy aches, blemished skin and weak hair – not even thinking about the possibility that this may be all caused by our nutrition.

YOU ARE WHAT YOU EAT

I love to know why things happen and how they happen. I enjoy understanding why I have stomach cramps or a bloated belly on one day but feel totally fine on another. It's also fascinating to observe how my dad is super-tired one day and the next he's full of energy until late at night – and yes, it depends on what he ate right before. I would just feel uncomfortable living my life without fully

understanding it. I enjoy taking matters into my own hands. And that's a crucial point right here: my own hands. Everyone can decide on their own path and I wouldn't want to make decisions for anyone. The long-term motivation for this lifestyle is based on me taking responsibility for my own body, own health and own inner well-being. I took the decision for myself and feel so healthy, energetic and happy with the outcome! What is my best friend doing? That's for her to decide, just like for every other individual out there. But if you want to follow 'my path' towards a healthy life using your own motivation, I'm more than happy to provide help and guidance. That's also why I want to give a general overview on foods at the very beginning of this book.

I WANT MY FOOD TO TASTE GOOD

And I mean really, really good. Thank goodness I realized quickly that it doesn't take extraordinary skills or hours in the kitchen for that. It's less work than you expect. Fresh ingredients, just as nature gave them to us. Unprocessed, uncomplicated and often even cheaper than processed foods, stacked with vitamins, minerals and fibre that keep us healthy and youthful from the inside out. And it's not about 'low carb' or 'low fat' at all. I am not talking about a special diet that leaves you with a growling stomach, or a form of nutrition that requires a substitute for everything. Your food being pure and natural – that's important. That's what 'healthy' means to me. It's about enjoying food, about listening to your body and finding out what keeps you fit and feeling great. This might be somewhat different for you than it is for me. But if you start paying attention to what you are eating, you can crack your own code. That's why this book is suitable for everyone – no matter your age, gender or the weight you are aiming for.

WHERE DOES YOUR FOOD COME FROM?

Do you really need ready meals every day, that were made by some stranger using ingredients (you can't even pronounce) weeks ago, are industrially processed and wrapped in plastic? Maybe it wasn't even a person but a machine. Maybe it tasted like cardboard first and was then spiced up with a lot of sugar, artificial flavours and colours. Have you ever asked yourself why a cut apple goes brown within a couple of days, while a ready meal stays 'fresh' for half a century? I doubt you need ready meals at all. At least you won't once you've realized how quickly you can cook a delicious meal with natural ingredients. And maybe your never-ending cravings will come to an end as well. Because they mostly don't originate from too few calories – we definitely eat enough of those – but from your body's demand to finally get all the nutrients it simply cannot find in ready meals. The quality of foods was better back in the day, fewer chemicals and hormones were used and industrial products weren't processed as much. My grandma has been eating whatever she felt like since day one and ... she's still pretty healthy.

WHEN HEALTHY EATING BECAME IMPORTANT TO ME

I was raised with a healthy style of eating – thanks mum! But it started to be very important to me when I went to the gym at the age of 16. Everybody knows that training won't show results if you don't eat properly. But do I have to consume powder from containers and swallow pills? Is that 'healthy'? I was sceptical. Since then I've been looking deeper into what a body really needs to have enough energy, feel strong and be supplied with all the nutrients it needs. This, as a side note, was also affecting other areas of my life. Besides smaller things like healthy long hair, strong nails and clearer skin, I also started noticing an increase in my performance. I finished school with top grades, I was focussed on doing my job and, most importantly, I approached every day with a positive and balanced attitude. Stress is created by ourselves and, at the end of the day, it's just a matter of personal perception. But that's a topic for another book.

I WANT TO UNDERSTAND MY FOOD

Thanks to my strong connection to fitness and vitality, things like calories, proteins and fibre are important to me. It's not about building a negative and controlling attitude towards food, but rather to embody a way to understand it. To know what it's made of, what your body will do with it and what the effects will be. If you don't feel comfortable with this topic and tend to have an 'abnormal' relationship with food, don't pay any attention to the nutritional information. You do you! What matters most is the quality and naturalness of your food, everything else is secondary.

WHY BOWLS?

Now there's just this last question to be answered. A bowl is a piece of tableware. When dealing with a bowl-dish, the whole meal is served in a single bowl. This trend originates from the United States, but was actually inspired by Buddhism. You are supposed to be conscious and aware while eating from a bowl. How many times do we almost rashly devour a meal without noticing what it smells like, tastes like and feels like in the mouth. With a bowl, you can hold it in both hands, perceive the weight of the meal and feel its warmth. A bowl is always one serving – you can immediately tell when the bowl is full. You can't pile up your food skyhigh, as we tend to do on a dinner plate. Also the ingredients are not placed apart from each other, but their flavours interact, combine and add up. A bowl is also the perfect dish in which you can serve your food creatively, so that it is pleasing to the eye. Enjoyment is increased, you are left with a nice feeling in your gut, and in the end your digestion will thank you for that.

LOCAL INGREDIENTS

Since I still live in Germany, I can only guarantee that the ingredients I use are available in organic, German supermarkets.

It might happen that something specific isn't common in your country. If so: feel free to swap it! No need to skip an entire recipe because of one missing ingredient – it will probably turn out just as good with your local alternative! I also order some packaged food online – the internet has (almost) everything!

And now, please enjoy reading, cooking and getting inspired!

Paulela xx

Food Knowledge

1

Ever since sports and fitness became such major parts of my life, nutrition has become an equally important topic for me as well. I'm always asking myself: what does my body really need in order to have enough energy, feel strong and to be supplied with all the nutrients it needs? I want to know and understand what's in my food and how my body deals with it. To me, it's very eye-opening how the right nutrition can positively impact performance, concentration and mood. That's why conscious eating is not 'only' important for your physical health.

On the following pages I have collected fundamental knowledge that will help you understand what you are actually eating – and what 'healthy' means after all. It does not matter whether you are new to the whole topic of nutrition, or just want to renew your knowledge – everyone should find something to benefit from. I do not claim that the knowledge part is fully 'complete' – you never stop learning anyway when it comes to healthy nutrition. I basically gathered what are, in my opinion, the most important elements. The first step to improving your diet should be a little easier when you understand your food. I'm very positive that this will help you on your journey to take responsibility for your body, soul & wellbeing. I enjoy being in charge of my own life and health, and I hope to pass on this spark to you.



FRUITS

Fruits describe both fruits and seeds that can usually be consumed raw. They generally grow on shrubs, trees and bushes. There are some kinds of vegetables like cucumbers, tomatoes and peppers that, from a botanical viewpoint, are considered fruit because they grow as the result of flowers being pollinated. We can distinguish between tropical fruit, wild, citrus, pip and stone fruits, berries and nuts.

Just like vegetables, fruits contain tons of vitamins, minerals and fibre and generally offer a high concentration of nutrients. In addition, fruits feature higher amounts of fructose and contain fruit acids. In combination with their flavours, those fruit acids are responsible for triggering our digestive juices.

Fruits and vegetables are the most essential sources for one of the most important nutrients: vitamin C. We need this vitamin for our immune system, for our connective tissues and to improve the absorption of iron. The daily requirement of vitamin C is 100mg, which is almost covered by two oranges. Apart from that, vitamin C is primarily found in strawberries, citrus fruits and blackcurrants.

Just as in vegetables, valuable phytochemicals are also found in fruits. Orange-coloured fruits like apricots or papayas, for example, contain the phytochemical beta-carotene. This natural colourant gets converted into vitamin A and is responsible for various

important tasks like regulating cell growth and controlling the immune system. Beta-carotene also has strong antioxidant properties and fights free radicals. These radicals are harmful, unstable atoms created naturally in our bodies through oxidation – increasingly due to stress, smoking and simply getting older. In abundance, they are harmful to cells, speed up ageing, promote inflammation and diseases. Antioxidants help us cope with those free radicals and maintain a healthy balance.

When food shopping, you sometimes find fruits that are still quite hard and unripe. That's not a problem when we're talking about those kinds of fruits that continue to ripen after being harvested. For example pears, kiwis, mangos and plums. Make sure not to store these fruits in the fridge as room temperature works better for them. To speed up the ripening process, you can also store them next to apples. Apples release a gas called ethylene, which encourages plants to ripen – a simple but effective lifehack! Generally speaking, local fruits should be stored chilled or cold, exotic kinds prefer to be kept at room temperature.

Apples



support a lot of functions in the body like the gut flora, the lung function and even the brain function thanks to many highly effective secondary plant substances. They can further lower cholesterol levels and prevent cardiovascular problems.

Bananas



regulate the blood pressure with the trace mineral potassium they contain and can therefore prevent heart attacks and arteriosclerosis. Provide energy quickly and are popular with athletes as a snack before and after a workout.

Berries



are mostly very low in sugar. In general they are a rich source of antioxidants and vitamins. Strawberries contain a lot of vitamin C (around 60mg/ 100g). There's generally no difference in vitamins for frozen berries.